

Clinic and Session Topics

Sideout offense	Transition offense
Quick middle attack	Combination attacking
Defensive systems	Serving strategies
Blocking	Training individual skills
Setter training	

Non-profit Org.
U.S. Postage Paid
Juniata College



Friday Schedule

10:00 – 11:30	Check- in
1:00	Camp Welcome
1:30 – 4:30	Tournament Play Session
4:30 – 6:00	Dinner/Coaches Clinic Session
6:30 – 9:30	Tournament Play Session

Saturday Schedule

7:00 – 8:00	Breakfast/Coaches Clinic Session
8:30 – 11:30	Tournament Play Session
12:00 – 1:00	Lunch/Coaches Clinic Session
1:30 – 4:30	Tournament Play Session
5:00 – 6:00	Dinner/Coaches Clinic Session
6:30 – 9:30	Tournament Play Session

Sunday Schedule

7:00 – 8:00	Breakfast/Coaches Clinic Session
8:30 – 11:30	Tournament Play Session
12:00 – 1:00	Lunch/Coaches Clinic Session
1:30 – 4:30	Camp Championship Play (Parents are welcome to come and watch)

JUNIATA
COLLEGE
1700 Moore Street
Huntingdon, PA 16652



July 30- August 1, 2010



Women's Volleyball Team Camp & Coaches Clinic

July 30- August 1, 2010



2010 Juniata College Women's Volleyball Team Summer Camp Registration Form

- ☐ JV only ☐ Weekend Resident \$180
☐ Varsity only ☐ Weekend Commuter w/Meals \$165
☐ JV and Varsity ☐ Weekend Commuter NO Meals \$130
☐ Other (Specify) _____

**The amount for one camper is due prior to camp to reserve a spot in the camp.*

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

Cell Phone: (_____) _____

E-Mail: _____ Age: _____

Grade in September '10: _____

Emergency Phone Number: (_____) _____

Team Name: _____

School Name: _____

School Coach: _____

Roommate Preference (if applicable): _____

Special Needs: _____

Shirt Size (Circle one): Youth: L Adult: S M L XL

Signatures on this registration form signify each parent or guardian has read, understands and abides by this information. I release and discharge Juniata College, and workers and employees, from all action, suits and demands whatsoever in law or in equity, including, but not limited to, the risk of injury from participating in camp and the risk of loss of personal property by theft or otherwise. I give permission to workers and employees to treat injuries sustained in camp and to assist participants. By signing this release, I understand and consent that my child(ren)'s photographs may be displayed in promotional media to be viewed by the general public. I consent to such uses and hereby waive all rights to compensation and any right to inspect or approve the finished product image, regardless of format.

Parent's Name: _____

Parent's Signature: _____

Medical Insurance Carrier: _____

Policy Number: _____

Please submit registration and deposit a month prior to camp.

Mail Application Form and Check to:

Juniata College
Conferences and Events
1700 Moore Street
Huntingdon, PA 16652

Please make
checks payable to
Juniata College.

Any questions regarding a camp should be directed to Conferences and Events at:
(814) 641-3604 or events@juniata.edu

***Please make a copy of this registration form for each player on your team that may be interested in the camp or visit <http://www.juniata.edu/services/conferences> to print out additional forms or register online.**

Women's Volleyball Team Camp & Coaches Clinic



Program: Join a national-level coaching staff for a competitive weekend of volleyball. The high school team camp helps teams improve their play with competitive matches. The largest part of the camp is devoted to tournament play, with a middle session on individual training and a Juniata team demo. The coaching clinic portion discusses individual training of skills, mental toughness training, and team training concepts.

The weekend camp runs from 1 p.m. on Friday (with check-in from 10–11:30 a.m.) through 5 p.m. Sunday. Coaches attend the camp and clinic at no charge!



Facilities: Few colleges have a more attractive campus than Juniata. The 100 acres on College Hill provide a magnificent atmosphere and safe environment. Campers are housed in one of the residence halls on campus and have access to all the amenities in the residence hall.

Additional facilities available include an indoor swimming pool and a fitness center.

✓ Things to Bring to Camp

- | | |
|---|--|
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Fan |
| <input type="checkbox"/> Sneakers | <input type="checkbox"/> Linens |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> T-shirts (bring extra) | <input type="checkbox"/> Swimming Gear (including towel) |
| <input type="checkbox"/> Knee Pads | |

Coach Heather Pavlik



Biography: After seven seasons as an assistant coach for the Eagle squad, Heather Pavlik was named the associate head coach for Juniata prior to the 2003 campaign. She now handles all aspects of the Eagles coaching but specializes in the offensive side of the Eagle attack.

Pavlik, a 1995 graduate of Juniata, was a setter for the blue and gold and was the team's most valuable player in 1992 and 1994. She was also a First Team AVCA All-American from 1992 through 1994.

Pavlik has been elected to both the Pennsylvania Volleyball Coaches Association Hall of Fame (Class of 2000) and the Juniata College Sports Hall of Fame (Class of 2005), and was one of six players named to the NCAA's 25th Anniversary women's volleyball team.

Since she joined the women's program as an assistant coach, Juniata has racked up 424 wins against only 52 losses and claimed the program's two national championships. During her tenure, the Eagles have captured 31 All-America honors. Her work with the team's setters has produced 5 All-Americans during that time, as well as a setter who was named Division III National Player of the Year.

Coach Pavlik can be reached at:
pavlikh@juniata.edu.



Coach Larry Bock

Biography: Larry Bock is one of the most recognized names in collegiate volleyball. His list of accomplishments and awards places him among the most successful volleyball coaches in the country at any level.

He led Juniata College to the program's first NCAA Division III Championship in 2004 and then another national title in 2006.

He is the all-time leader in NCAA women's volleyball coaching victories with a 1,218-186 record over 32 seasons. Bock's 1,218 victories are the most of any NCAA women's volleyball coach regardless of division.

Following the 2009 campaign, the Eagles placed four players on AVCA All-America teams, giving Juniata a record 36 All-Americans during Bock's career on the bench. Bock has also helped three players earn Division III Player of the Year recognition, including 2007 and 2008 AVCA Player of the Year Amber Thomas; Carli Dale (2004) and Stephanie Kines (2006) were previous Player of the Year honorees under Bock's tutelage.